



MC Squared Virtual Retreat

2020 Website Program Description

MC Squared Virtual Retreat

Experience the power of mind over matter: learn to influence physical matter through focus, intention and manifestation in this LIVE online virtual retreat.

Virtual Program

\$1,295.00

5 1/2 days

Prerequisites

[Introduction to Beyond Meditation](#)

[Beyond Meditation](#)

[Gateway Voyage Virtual Retreat](#)

[Gateway Experience](#)

[Gateway Voyage](#)

Only one of the prerequisites above is required

Witness change through the power of your intention. Join Dr. Gallenberger and learn how to refine and strengthen your manifestation skills.

Learn to influence matter with your mind and focused energy. Explore expanded consciousness, intention and manifestation. Learn the principles behind patterning, manifestation, and psychokinesis. Practice using visualizations and affirmations to focus your thoughts and energy to affect matter.

Expand your belief systems. Explore using your intuition to perceive potential realities, select the desired outcome, and finally, its manifestation. This retreat focuses on engaging the heart, mind, and spirit. Participate in group healing circles for yourself, friends, and the Earth.

Witness and experience firsthand the power of your mind and focused intention. Enjoy exercises for hands-on metal bending and more. Learn how to focus your intention to achieve desired outcomes (dice exercise). Discover your ability to influence time and space.

How it works

1. MC Squared Virtual Retreat is a 5 ½ day real-time interactive online retreat.
2. Tentative schedule
 1. Day 1 begins at 3:00 pm EDT with an overview, introductions, logistics and an audio exercise. The day ends at 6:00 pm EDT.
 2. Days 2-6 begin at 9:00 am EDT. Each day is different and includes 3-4 audio meditation exercises, activities, videos, and short presentations with a break for lunch. Each day ends at 6:00 pm.
3. The program will be conducted using Zoom meeting, a popular online platform for video conferencing and interactive online instruction. Audio exercises will be streamed through the Zoom platform and also available for streaming through your Monroe account during the retreat.
4. Reliable internet connection with a recommended minimum internet speed of 5 Mbps for streaming the exercises.
5. You will need headphones and a computer with a camera and microphone for video communications Over-ear wired stereo headphones or high quality earbuds are recommended with a cord long enough to reach the place where you will be listening to the exercises.

To ensure you have true stereo sound, you can use this [Audio Test](#). (Linked in the details section below.) You should hear a pulsating frequency from ear to ear.

What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.



Trainer Facilitation

Throughout the course a Monroe trainer will be there to answer your questions and support and guide you through the program.



Additional Audio Exercises

Continue your exploration once the program has ended with a take home audio exercise.